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***Darrold Bertsch, SMC CEO Receives Grassroots Champion Award***

Each year, the American Hospital Association (AHA), in conjunction with the state hospital associations, recognizes the achievements of grassroots leaders with the prestigious Grassroots Champion Award. One hospital leader from each state is honored for his or her work over the previous year in effectively delivering the hospital message to elected officials; helping to broaden the base of community support for hospitals; and advocating tirelessly on behalf of patients, hospitals and communities.

The American Hospital Association in conjunction with the North Dakota State Hospital Association named Sakakawea Medical Center, CEO, Darrold Bertsch as the 2018 Grassroots Champion. Bertsch earned this special recognition through his dedication to the hospital mission, on both the local and the national level.

Mr. Bertsch was recognized during the during the AHA annual meeting and was presented with the award during the North Dakota Hospital Association annual conference that was held in Fargo, North Dakota.



Darrold Bertsch, CEO of Sakakawea Medical Center SMC and Jen Porter, American Hospital Association's Regional Executive for Region 6



*Advancing Health in America*

Visit [www.aha.org](http://www.aha.org) for more information.

**How to contact us:**

Sakakawea  
 Medical Center  
 510 8th Ave NE  
 Hazen, ND 58545  
 Phone: 701.748.2225  
 Fax: 701.748.5757  
[smcnd.org](http://smcnd.org)

## DID YOU KNOW?



COAL COUNTRY COMMUNITY HEALTH CENTER

- **Extended Hours Available**

CCCHC Beulah Clinic sees patients beginning at 7:30 a.m. on Mondays and Wednesdays. Phone lines are open at 7:00 a.m. for patients to call.

- **Transportation Services Available**

CCCHC offers transportation services to and from your appointments at the Hazen and Beulah Clinics. Schedule transportation services when you schedule your next medical appointment!

## Coal Country Community Health Center Welcomes New Providers



Kelsey Striefel, DNP

Join us in welcoming Kelsey Striefel, DNP to our team of providers at Coal Country Community Health Center – Hazen Clinic!

Kelsey Striefel, DNP, FNP earned her Doctor of Nursing Practice degree from North Dakota State University in May of 2018. She is board certified through the American Academy of Nurse Practitioners and is a professional member of the American Association of Nurse Practitioners. Prior to this, Kelsey earned her Bachelor of Science Degree in Nursing from Medcenter One College of Nursing in 2013 and worked as an Emergency Department Nurse at Sanford Health in Bismarck.



Kayla Ternes, PA-C

Join us in welcoming Kayla Ternes, PA-C to our team of providers at Coal Country Community Health Center – Beulah Clinic!

Kayla Ternes, MPAS, PA-C received her undergraduate degree of Medical Laboratory Science from the University of North Dakota in 2012. She worked at both Sanford Health in Bismarck and Altru Health System in Grand Forks in this field for three years before being accepted into the Physician Assistant Program through the University of North Dakota. In May of 2018, she graduated with a Master in Physician Assistant Studies degree and is board certified through the National Commission on Certification of Physician Assistants. She is currently a member of the American Academy of Physician Assistants and the North Dakota Academy of Physician Assistants.

## CCCHC Beulah Clinic Construction Update

Coal Country Community Health Center continues to stay on budget for the Beulah Clinic remodel construction project, but the timeline has slightly changed. The completion date is now the end of February, while the clinic will start its original side's renovation at the beginning of January. Once the addition is complete and furnished, the clinic will transition into fully functioning out of the newly constructed addition. This will then allow construction to move to the original building to start renovations.

When completed, this project will enhance the way CCCHC provides medical care, by doubling the clinic space to accommodate patient and staff needs. The expansion will also allow CCCHC to bring more visiting specialists to the area. Our Behavioral Health team will move from the Administrative Office to the Beulah Clinic, along with all current visiting specialists will then provide services out of the newly constructed clinic. Sakakawea Medical Center's Physical Therapy team that is currently providing services at Knife River Care Center in Beulah, will move their practice into the newly constructed addition of the CCCHC Beulah Clinic as well.



## *Waiting for Treatment in the Emergency Department: What you should know.....*

After being seen in triage, you may be asked to wait in the waiting room. How long you wait depends on how busy the department is at the time, and the number of patients whose conditions are more serious than yours. Sometimes the waiting area appears quiet, but this doesn't mean the emergency department is quiet.

The staff understands that waiting can be frustrating. They do their best to keep your wait to a minimum and make you comfortable. While you wait, if you feel your condition changes, let the Nurse know.

### *Triage Explained*

The nurse will make every effort for the patients with the most serious injury or illness to be seen first. We do not see patients according to their time of arrival, but by the seriousness of their condition. All patients are important to us, but priority must be given to those with the most serious conditions.

If you have not been called within 30 minutes, please check at the reception desk.

### **SMC "Charity Care" Program**

This unique program is designed for providing free or discounted care to those who have no means or limited means to pay for their services (uninsured and/or underinsured). In addition to quality healthcare, patients of Sakakawea Medical Center (SMC) are entitled to financial counseling by someone who can understand and offer possible solutions for those who cannot pay in full.

For more information contact the Sakakawea Medical Center Business Office at 748-7264.



### *Let Life Bloom!*

Sign up today to become an organ, eye, and tissue donor.

[www.DonateLifeND](http://www.DonateLifeND)



*Let life bloom.*

2018/2019

Hazen Memorial  
Hospital Association  
Board of Directors



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Hazen*

*Fred Stern, Beulah*

*Myria Perry, Beulah*

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*Dr. D.J. Erickson,  
Beulah*

*Todd Lindquist, Hazen*

*Robin Richter, Beulah*

## *Rehabilitation Services: Comprehensive Lymphedema Program*

Sakakawea Medical Center has launched a comprehensive lymphedema program. Leah Kessler, an Occupational Therapist and Certified Lymphedema Therapist is trained and certified in lymphedema management.

### *What is Lymphedema?*

Lymphedema is chronic swelling due to an accumulation of lymph fluid. Lymphedema most often occurs in the arms or legs but it can also occur in the face, neck abdomen or genital region.

Lymphedema may develop at birth or later in life. It can also be caused by damage to a lymph node or removal of lymph node during surgery or radiation. Other causes can be after injury, scarring, trauma or infection of the lymphatic system. Other diagnoses that may benefit from Complete Decongestive Therapy (CDT) include: Fibromyalgia, Chronic Venous Insufficiency, Lipedema, Myxedema, Complex Regional Pain Syndrome, Fluid Retention Syndrome, Scleroderma, Migraine and Sinus Headaches, Neurological Conditions (strokes, spinal cord injuries, TBI and others), Post-Traumatic Edema,

Post-Surgical Edema and Orthopedic Edema. In general, CDT may aid in any edema or swelling that a person may have.

### *How is it treated?*

Complete Decongestive Therapy (CDT) is the gold star for lymphedema treatment. CDT consists of Manual Lymph Drainage (MLD), Compression Bandaging, Exercise, Skin Care and Home Maintenance Instruction. MLD is a massage technique that reroutes lymph fluid around blocked or damaged areas. Compression uses short stretch bandages to prevent re-accumulation of lymph fluid.

We look forward to demonstrating our care, compassion and expertise as we partner with you to manage your lymphedema. Contact your physician to discuss your need for Complete Decongestive Therapy.



Leah Kessler, OTR/L

## **We Want to Know!**



Sakakawea Medical Center has partnered with **Press Ganey** to conduct Patient Satisfaction surveys regarding the patient's perspective of hospital care.

Following your stay with us you may receive a telephone call from **Press Ganey** this call will only take a few minutes and your feedback will be used by **Sakakawea Medical Center** to continually provide excellent patient care.

Patients are randomly selected and if you are chosen please complete the survey.

### **Questions**

If you have any questions about the survey process or your stay with us, please contact Marcie Schulz, MBA, MSN, RN, Director of Patient Care at 748-7287.

## *Stop the Bleed - A call-to-action!*

Massive bleeding from any cause, whether it's a farming, hunting, or workplace accident, or even an active shooter or mass casualty event, can lead to many tragic and sometimes avoidable deaths. Stop the Bleed is a nationwide program that has been put

out by the American College of Surgeons (ACS) in partnership with the Hartford Consensus and federal government to raise awareness and help prepare the general public for how to act in a massive bleeding situation. A non-fatal injury with severe bleeding can become fatal very quickly if the bleeding is not stopped or slowed as soon as possible. Similar to CPR, if the immediate responders at the scene of an accident know the skills to be able to control bleeding, this could buy medical personnel precious minutes that they need to arrive on scene and stabilize the individual.



Stop the bleed is a program that involves instruction on recognizing signs of massive bleeding, how to control it with pressure and gauze, and if need be, how to use a tourniquet to control it. Tourniquet use for many years has been thought of in a bad light because of the risk involved with cutting off blood flow to an arm or leg. And while there are consequences that can happen when a tourniquet is used, studies are finding that the benefits, if used correctly, far out way the negative side. With a massive bleed a person has the chance to bleed out and die within a few minutes if it's bad enough. If the bleeding can be controlled through the use of correct pressure or even applying a tourniquet, this will keep the blood in the body and allow for time to get the person to a hospital and hopefully have a positive outcome.

There are bleeding control kits that they (ACS) have recommended. These kits can be kept in a vehicle, a desk drawer, or even incorporated into an already existing med kit. The kits are a little smaller than the size of a notebook and consist of a pair of gloves, a package of 4x4 gauze, a roll of gauze, and a tourniquet. We also included in the kits we have built at Sakakawea Medical Center (SMC), a key chain CPR mask to allow for safe CPR to be given if needed.

Here at SMC, our goal with this Stop the Bleed program is to provide classes in the community and area businesses to train people in this life saving technique. If you or your company would be interested in a class please call SMC and talk with Marcie Schulz (701-748-7287). We would love to set something up with you and your organization. If you would like more information on this program you can visit [www.bleedingcontrol.org](http://www.bleedingcontrol.org) or call and talk to one of the class instructors at SMC, Dr Mike Schmit or Carl Miller, CRNA at 701-748-2225.

## Quality Health Care Close to Home

*Sakakawea Medical Center is pleased to welcome  
Interventional Radiologist  
Dr. Edward “Ted” Fogarty  
to our team of  
visiting specialists.*



Interventional Radiology creates new treatment options; and for some patients, can offer a less invasive choice over many surgeries reducing pain, risk and recovery time.

Image guided procedures will be offered for:

- Pain Management
- Biopsies (breast, liver, lung, lymph node, thyroid)
- Breast Needle Localization
- Image Guided Abscess to include wound care
- Joint Injections (shoulder, hip, knee, etc.)
- SI (Sacroiliac) Joint Injections
- Facet Joint Injections

## SMC Offers Tobacco Cessation Program



Kim Hirschert, RRT

Kim Hirschert, RRT has been trained in Tobacco Cessation, through Mayo Clinic, and is available by appointment to meet with patients to create a

personalized goal oriented plan to achieve tobacco cessation. A referral from your provider is required. An appointment will be made to visit and discuss goals, coping mechanisms, habit changing strategies to achieve the goals, visit about nicotine replacement strategies that would be best for the patient and have a support system with check in calls and support from Kim and the ND QuitLine. People are more successful when they have a support system than when they try conquer it alone.



**Coal Country Community Health Center - Hazen Clinic located in Sakakawea Medical Center**  
510 8th Ave NE  
Hazen, ND 58545

**Sakakawea Medical Center**  
510 8th Ave NE  
Hazen, ND 58545

**Sakakawea Clinic**  
706 8th Ave NE  
Hazen, ND 58545

**Coal Country Community Health Center - Beulah Clinic**  
1312 Hwy 49 N  
Beulah, ND 58523

**Coal Country Community Health Behavioral Health & Administration Office**  
1101 3rd Ave NE  
Beulah, ND 58523

**Specialists that see patients at Coal Country Community Health Center - Hazen Clinic:**

- Amanda Plank, BC-H.I.S. (Hearing Consultant) from Miracle Ear, call 701-222-2484
- Dr. Joseph Carlson (Orthopedist) from The Bone & Joint Center, call 800-424-2663
- Dr. Brian Gale (Podiatry) from Dakota Foot & Ankle, call 800-358-3338
- Dr. Ian Fyfe (Orthopedic Surgeon) from Sanford Orthopedics & Sports Medicine, call 701-323-8920
- Dr. Megan Miller (OB/GYN) from Sanford Health, call 701-323-5870

**Surgeons and specialists that see patients at Sakakawea Medical Center:**

- Dr. Edward "Ted" Fogarty (Interventional Radiology) call 748-2225
- Dr. Gaylord Kavlie (General Surgery) from Mid Dakota Clinic, call 701-748-2225
- Dr. Michael Schmit (General Surgery) Sakakawea Medical Center, call 701-748-2225

**Specialists that see patients at Sakakawea Clinic:**

- Dr. Duane Pfliger (Chiropractor) from Pfliger Chiropractic Clinic, call 701-748-3303
- Kari Schoenhard (Employee Assistance) from CHI St. Alexius EAP, call 800-327-7195

**Specialists that see patients at Coal Country Community Health Center - Beulah Clinic:**

- Dr. Joseph Carlson (Orthopedist) from The Bone & Joint Center, call 800-424-2663
- Dr. Andrew Carter (Cardiology) from Sanford Heart Clinic, call 800-932-8758
- Dr. Rhonda Schafer-McLean (Gynecology) from UND Family Medicine, call 701-873-4445

**Specialists that see patients at Coal Country Community Health Center Behavioral Health & Administrative Office:**

- Dr. Brady Ness (Audiology) from Sanford Hearing Center, call 800-932-8758
- Dr. Matthew Doppler (Psychologist) from Sanford Behavioral Health, call 701-873-7788 ext. 117